

## Commander's Connection



Photo by Staff Sgt. Alicia Prakash

Col. Sam Angelella (right of center) and other Shaw members completed the Commander's 7-mile fun run May 13. The E-4s and below who participated were (from left to right) Airman 1st Class Susan Penning, 20th Fighter Wing Public Affairs, Airman 1st Class Trevor Derr, 55th Aircraft Maintenance Unit, and Senior Airman Kaohuhealani Trueman and Joel Gonzalez-Diaz (not shown), 20th Civil Engineer Squadron.

"Commander's Connection" is a link between Col. Sam Angelella, 20th Fighter Wing commander, and the Shaw community. Questions or concerns that can't be resolved through normal channels can be called in and recorded at 895-4611 or e-mailed to [commandersconnection@shaw.af.mil](mailto:commandersconnection@shaw.af.mil).

Callers should leave a name and telephone number in case questions need clarification. Comments of general interest may be published in *The Shaw Spirit*.

**Q** I called the housing office to confirm a time when my front door would be fixed; it had slammed on my child's fingers. I asked the gentleman who answered the phone if there's a priority for something getting fixed if it's injuring someone in the house, and he told me no. I feel this is wrong.

**A** We are pleased to report your door has been repaired. Our customer service representative was incorrect when he stated we do not have a system in place to prioritize repairs to

prevent injuries. All representatives have been subsequently trained on the prioritization process.

**Q** I understand there is a logbook called the Birth Log of babies born at Shaw Air Force Base. I am doing some genealogy research and would love to have this log for all the babies born on March 20, 1970. I am interested in friends of my parents (who are deceased) who had a girl born on this day. After getting their names, I will see if they can tell me any info on my parents. Any help you can offer me on this will be greatly appreciated.

**A** Unfortunately, per Department of Defense Regulation 6025.18-R, *DoD Health Information Privacy Regulation and the Health Insurance Portability Act of 1996*, we cannot release any protected health information or any patient identifiers unless a release form is signed by the patient. The birth log is considered protected information. We apologize for any inconvenience.

# Make zero mishaps a personal goal

By General John P. Jumper  
Air Force Chief of Staff

Each summer we lose Airmen in preventable accidents during a period we have begun calling the "101 Critical Days." Last summer, we lost 36 Airmen to needless mishaps – many more than in 2002, and almost double the number of 2001. Despite our concentrated focus on mishap prevention, we have seen an increase in the number of injuries and deaths due to senseless accidents. To date, we have accumulated our worst fatal mishap

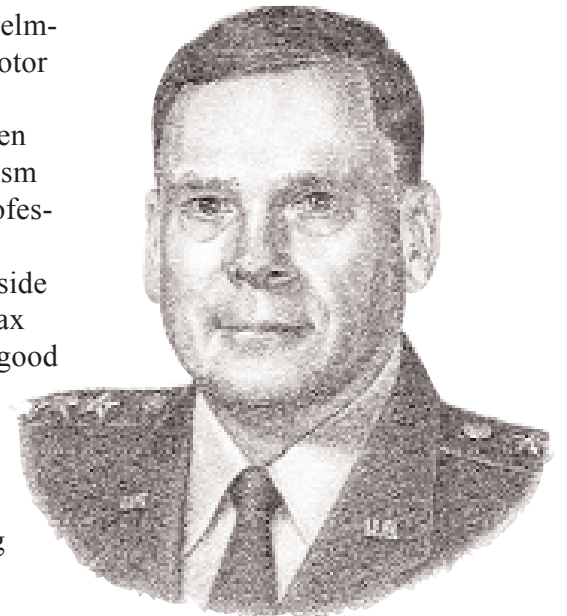
record in more than 10 years. It is time to reverse the trend.

As you begin to plan your well-earned summer vacation, remember to make safety part of your plans. Some of you are planning vacations that will include sailing rock climbing, sky diving, motorcycle riding and other challenging activities. These can be fun, but they all involve risk. Even if you don't partake in risky activities, remember to stay alert on the road, and to plan your trip with breaks and rest stops included in your travel time. Almost 90% of our fatal accidents

occur off-duty, and the overwhelming majority involve private motor vehicles.

Every day our superb Airmen demonstrate their professionalism and training in a dangerous profession. The same standards you embrace on the job pertain outside the gate as well. When you relax from the job, don't relax your good judgment.

The Air Force goal remains zero mishaps; I ask every Airman to make that your personal goal. Let's turn this thing around!



## The Shaw Spirit

### Shaw Air Force Base editorial staff

Col. Sam Angelella.....20th Fighter Wing commander  
Maj. Lisa Caldwell.....Public Affairs chief  
Staff Sgt. Lee Watts.....Internal Information chief  
[earl.watts@shaw.af.mil](mailto:earl.watts@shaw.af.mil)  
Staff Sgt. Alicia Prakash..... Editor  
[spirit.editor@shaw.af.mil](mailto:spirit.editor@shaw.af.mil)  
Airman 1st Class Susan Penning.....Staff writer  
[susan.penning@shaw.af.mil](mailto:susan.penning@shaw.af.mil)

Ms. Adriene M. Dicks.....Correspondent  
[adriene.dicks@shaw.af.mil](mailto:adriene.dicks@shaw.af.mil)

Information intended for the *The Shaw Spirit* must be submitted Thursday the week prior of intended publication. Direct e-mail correspondence to [spirit.editor@shaw.af.mil](mailto:spirit.editor@shaw.af.mil), call (803) 895-2018, fax (803) 895-2017 or mail to:

20th Fighter Wing Public Affairs Office  
517 Lance Ave., Suite 107  
Shaw Air Force Base, S.C. 29152-5041

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## New vice commander enthused about Shaw



Photo by Staff Sgt. Alicia Prakash

**By Staff Sgt. Alicia Prakash**  
*Editor*

A new vice commander is hanging his flight cap in the 20th Fighter Wing Headquarters building.

Col. Mike Beale came to the

wing from the Pentagon, where he served as Joint Chiefs of Staff Joint Staff J-5 Plans and Policy Directorate staff officer.

He is married to Karen and they have two sons, Daniel and Dominic, and one daughter, Bronte.

Col. Beale said he and his family are excited about being here.

"I have to pinch myself," he said.

Col. Beale was born in England, where his father was part of the 20th FW located at Royal Air Force Wethersfield in Essex, England. He was commissioned in 1981 through the U.S. Air Force Academy.

The colonel has 4,500 flying hours and has flown the F-16, A-10 and T-38. He has served in various flying and staff assignments in the United Kingdom, Germany, Korea

and the United States.

The colonel has been around F-16s for 15 years and said he is comfortable with how the aircraft has evolved, to include the newly upgraded Common Configuration Implementation Program on the aircraft at Shaw.

"It's always great to be on the leading edge of technology and have the capability to win the nation's future wars," he said.

Col. Beale said Shaw has an outstanding reputation of combat readiness and professionalism, and he intends to focus on the people here.

"Shaw is strong," said the colonel. "It's a lot of hard work and there are long deployments. By focusing on the 'people' aspect, we can continue to work as a team and uphold a good quality of life."

In previous assignments, Col. Beale commanded the 35th Fighter Squadron, Kunsan Air Base, Korea, and was director of operations and commander of the 69th Fighter Squadron, Moody Air Force Base, Ga.

Additionally, he was staff officer of Central Command J-5 war plans division, MacDill AFB, Fla., and lead solo pilot with the USAF Aerial Demonstration Squadron, The Thunderbirds, Nellis Air Force Base, Nev.

The colonel said he is pleased with the enthusiasm here and is impressed with the people he has met thus far around base and in the community.

"I look forward to meeting as many of you as I can," said Col. Beale.

## PHAs vital to readiness

**By Lt. Col. Donnalee Sykes**  
*20th Medical Operations Squadron commander*

As medics, we have a primary responsibility to provide a fit and healthy force through preventing casualties, enhancing human performance and restoring health when necessary.

Traditionally, every member who wears the uniform seeks medical care when needed—which is typically when you're sick. Most of us tend to be reactive rather than proactive in meeting our health-care needs. Whether you wear the uniform or not, it is important to be proactive in maintaining your health.

As Airmen, we take care of the people, resources, tools and equipment required to get the mission accomplished. The pilot ensures his aircraft is functioning at optimal capability; the maintainer ensures he has the right tools to perform his craft; and the surgeon ensures he has the correct instruments to perform his procedures. But, are we as proactive as we can be to make sure "we" are functioning and performing at an optimal level? So I ask you, "Are you ready?"

Have you done all you can do to maintain your health? Have you checked all systems to determine if you have the physical tools to ensure optimum performance? Are you ready to deploy today if tasked? Your health should be a "lifetime" commitment. Let us help you help yourself. One of the

things you can do to ensure you are ready is to take your annual Preventative Health Assessment seriously and be proactive and get it accomplished.

The PHA is a required annual health screening tool which combines occupational, dental and general health screening through a complete health record review. The process also provides you with the opportunity to update your immunization status. How can you schedule it? Call the appointment line at **895-2273** and select an appointment with your Primary Care Manager who can accommodate your schedule. Additionally, there is a web-based program at **www.tricareonline.com** that allows you to schedule your PHA appointment on-line from your computer at home or office.

The PHA process starts at 6:45 a.m. in the main building of the 20th Medical Group on the first floor if enrolled to Primary Care—or 7:30 a.m. in the Flight Medicine Clinic if enrolled to Flight Medicine. Report to your designated location in duty uniform for a preventative health and wellness briefing, followed by a health screening and medical history review. Profiles are updated and readiness requirements are screened. We ask you to bring your prescription eyewear if applicable.

The complete process can take from one and a half to two and a half hours. It is simple—take the time to be ready!



Photo by Master Sgt. Roger Shia

## Heritage festivities

**During Asian Pacific American Heritage Month, Team Shaw and the surrounding community participated in the Annual Celebration of Asian and Pacific American Heritage event at the Community Center May 13. Thailand, Japan, Philippine Islands, India and other countries were represented by dance groups, foods and martial arts. An information booth and display items specific to the cultures were also available to attendees.**